Threat vs Safety Theory

From the Mud

Four Billion Years Ago

D.R. Clawson

Threat vs Safety Theory

- Threat Load is the determinant of illness, disease, pain and suffering

- Safety Load is the determinant of wellness, health, surviving and thriving

Dissection of Threat and Safety

- Spiritual
- Financial
- Mental
- Social
- Emotional
- Physical
- Interstitial

- Shadow

-Genetic Coding

-Epigenetic Coding

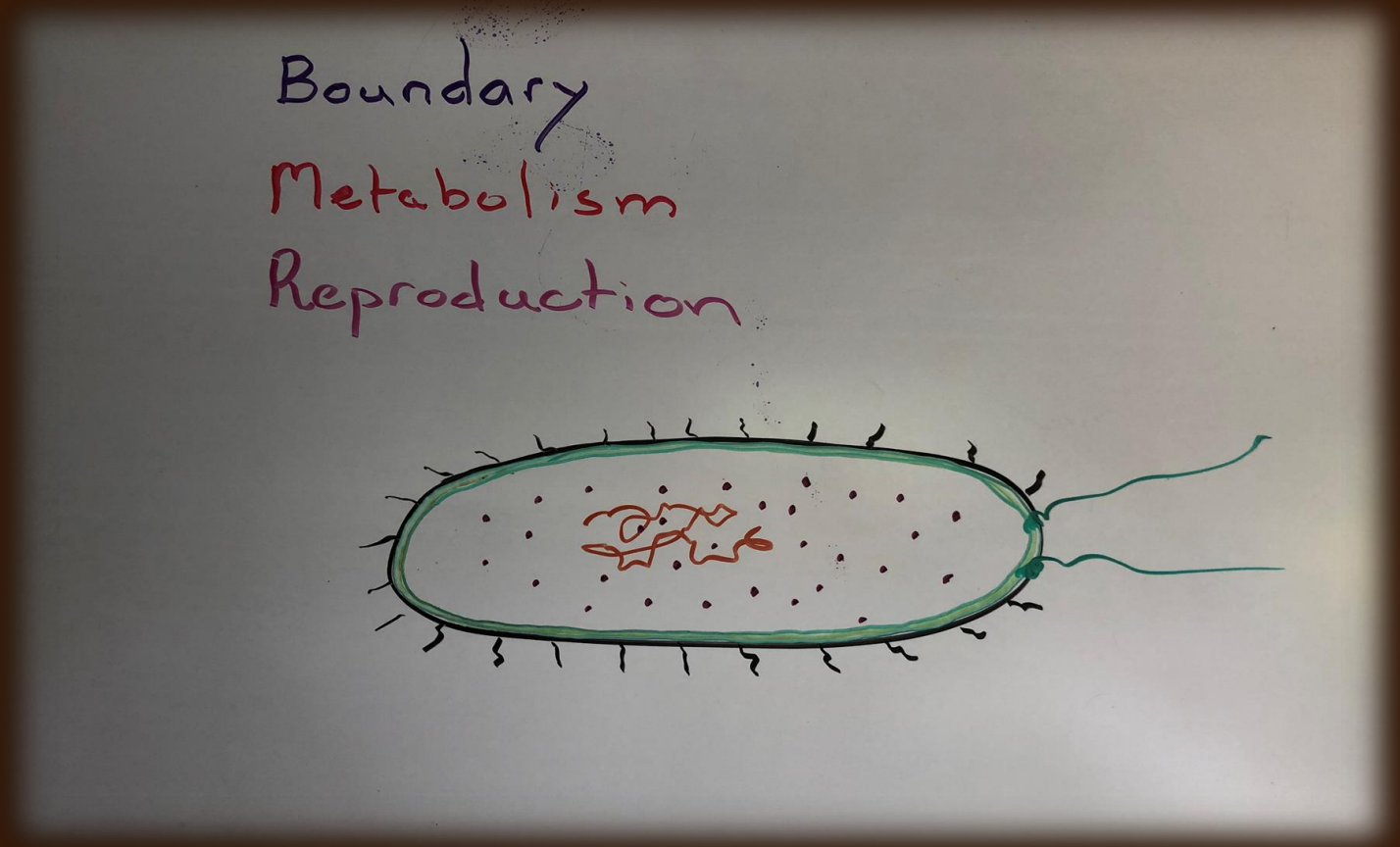
-Neural Coding

-Traumatic memories

-Suppression

-Repression

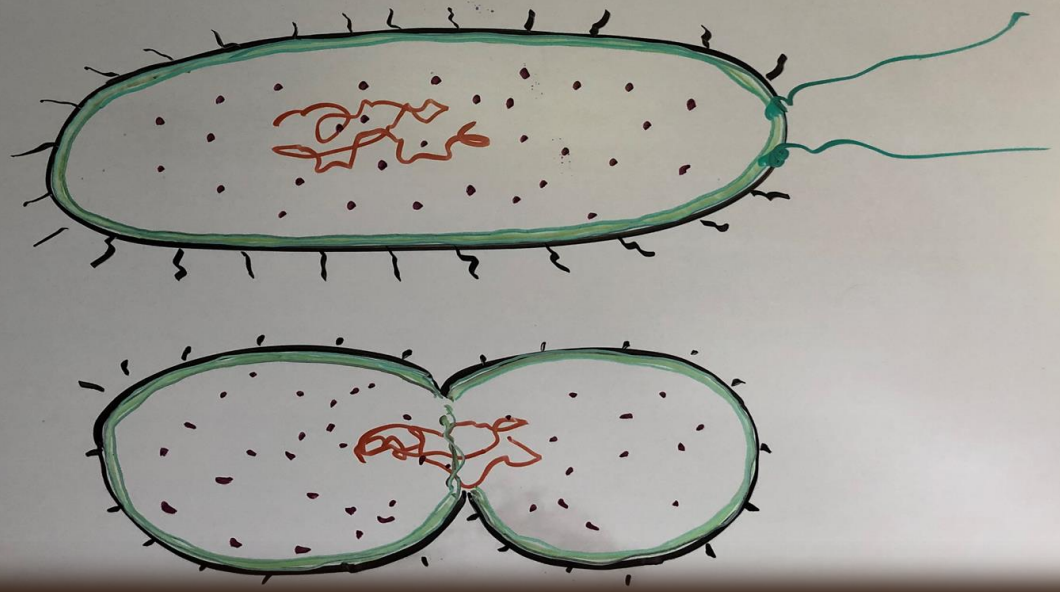
The Evolution of the Threat Response



Boundary

Metabolism

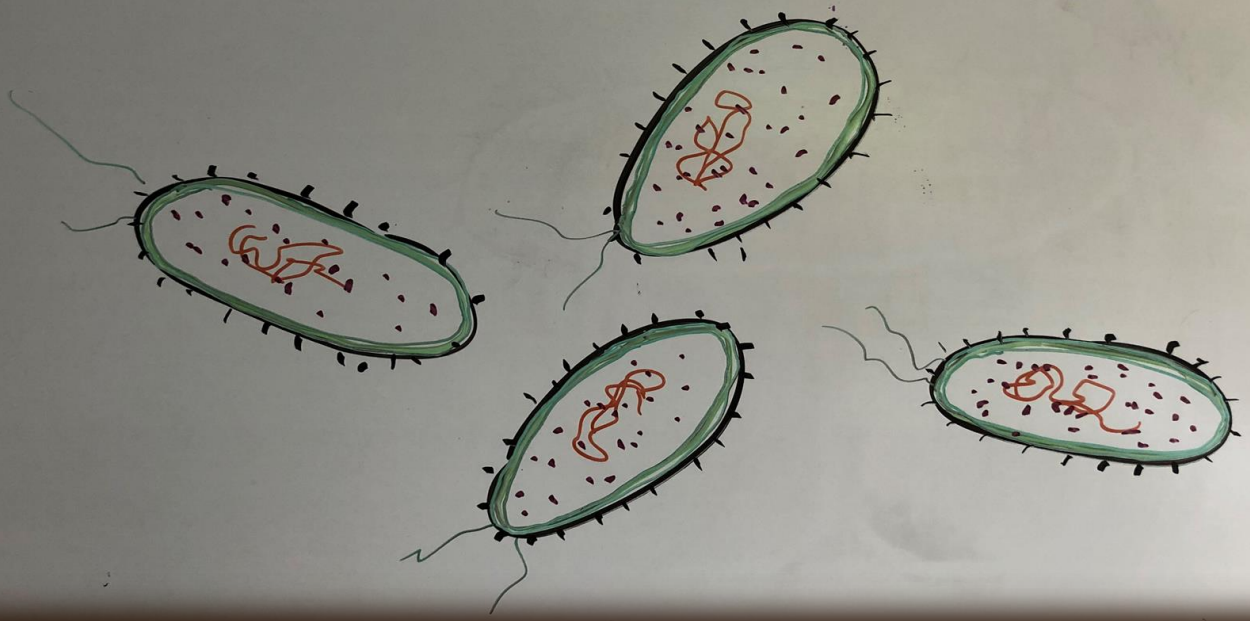
Reproduction



Boundary

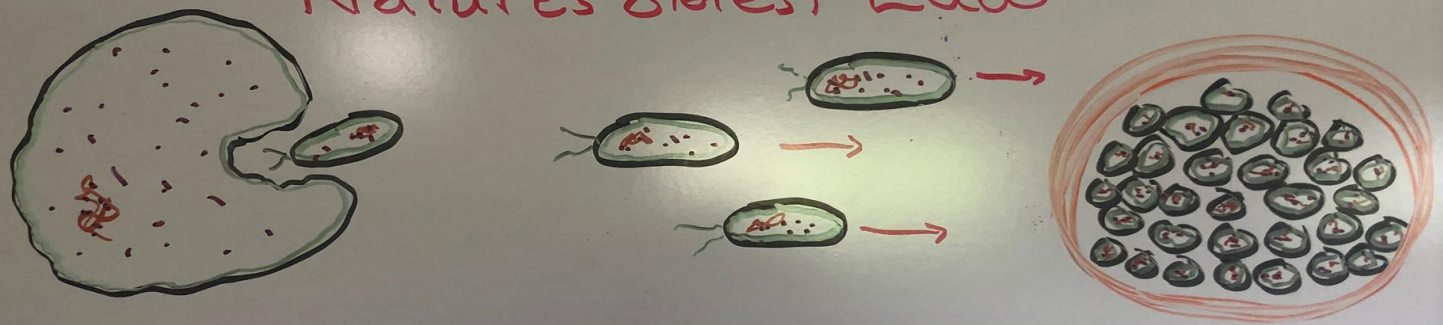
Metabolism

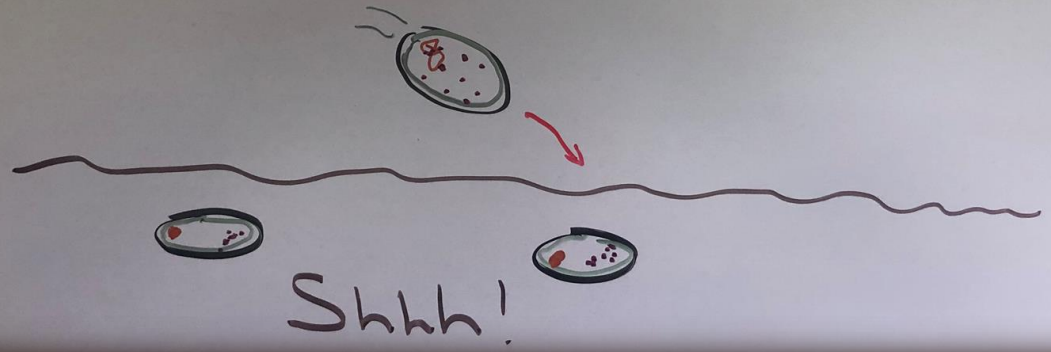
Reproduction



John Dryden

Self-DEFENSE is Nature's oldest Law



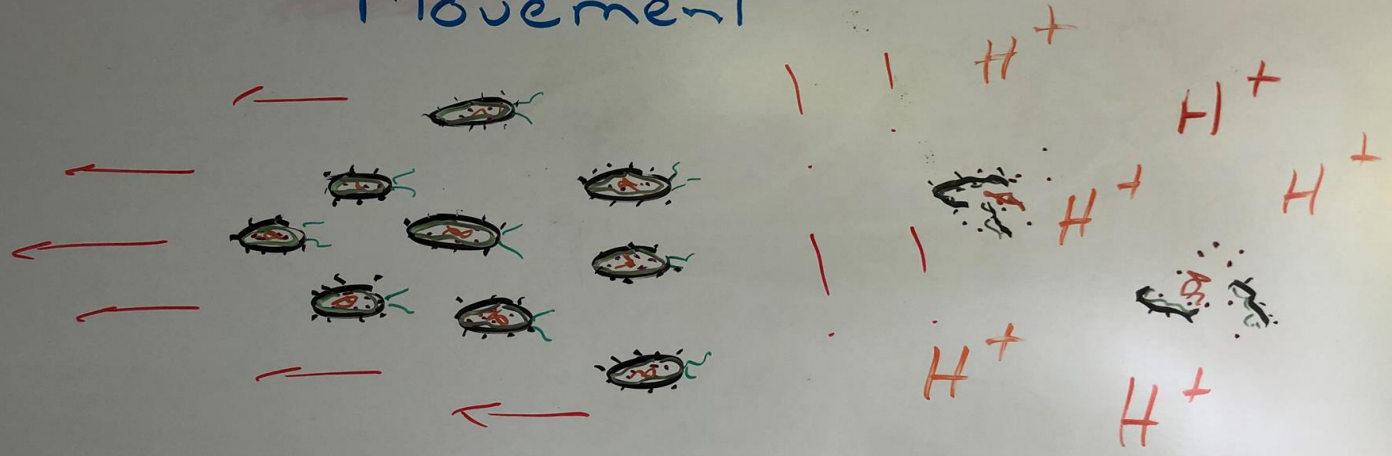


Boundary

Metabolism

Reproduction

Movement

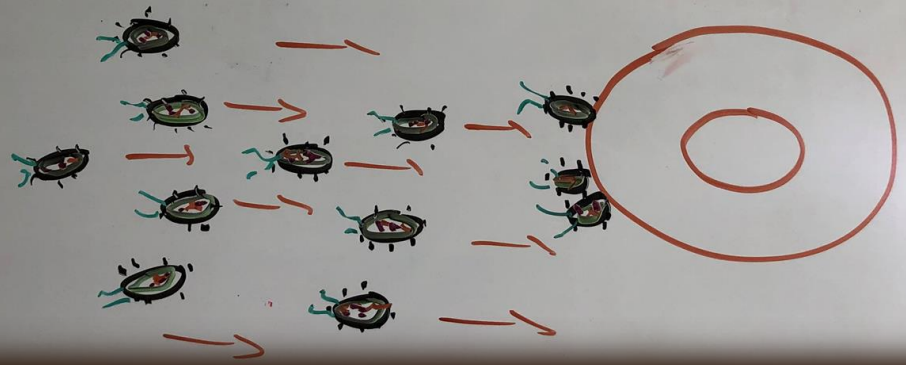


Boundary

Metabolism

Reproduction

Movement



Boundary

Metabolism

Reproduction

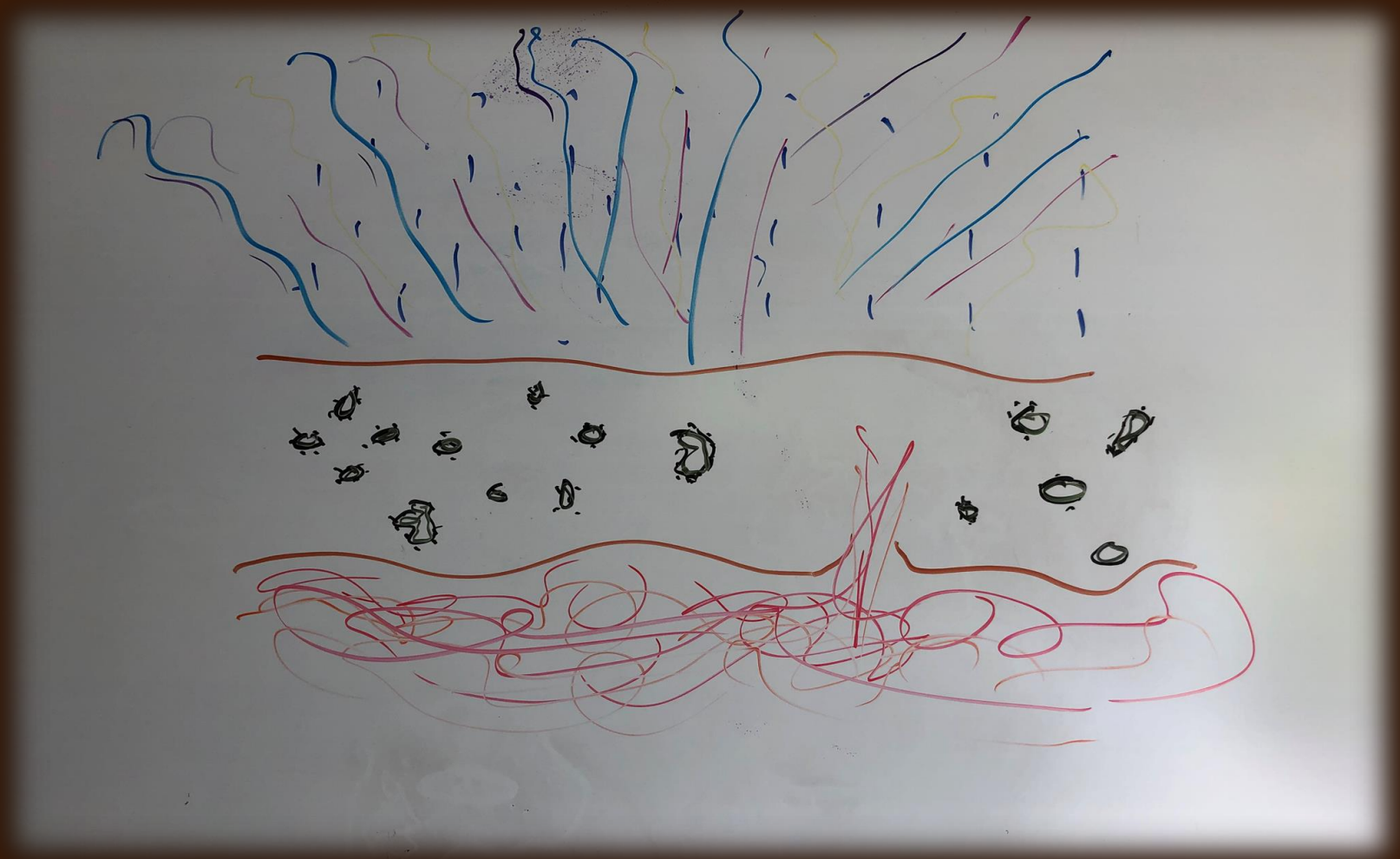
Movement

Colonization

Colonization

- Communication
- Specialization
- Socialization

The Greater Good!



Archaea

Anti Oxidant

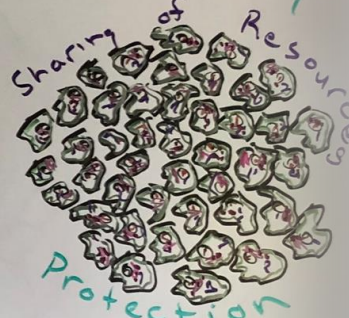
Bacteria

Prokaryote

Eukaryote

Multi-organelle Eukaryote

Multicellular Multi-organ Eukaryot

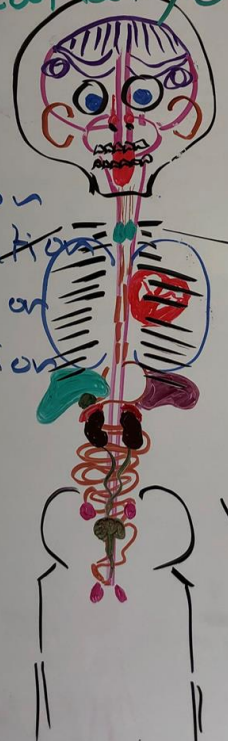


Colonization

- communication
- Specialization
- Socialization

The Greater G

Multi-organ
Multi-cellular
Multi-organelled
Eukaryote



Colonization
- communication
- specialization
- socialization

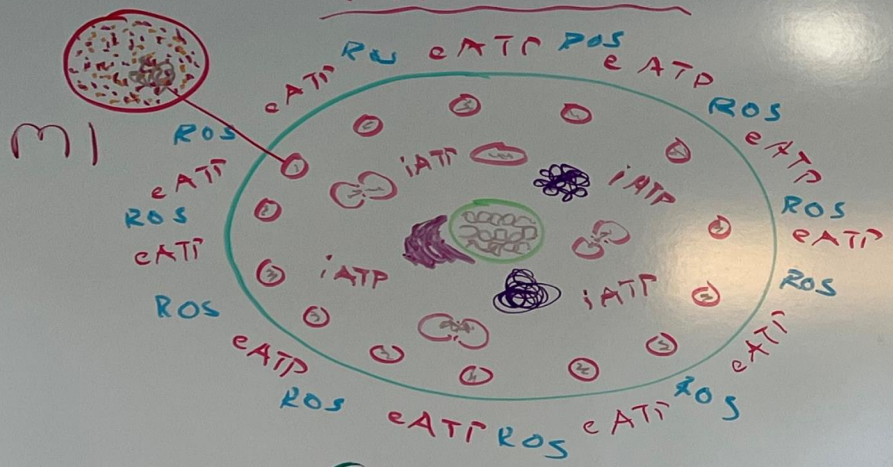
Our cells
- share resources
- Protection
- Greater Good!

Why don't we?

Safe Seen Secure

PHENOTYPES

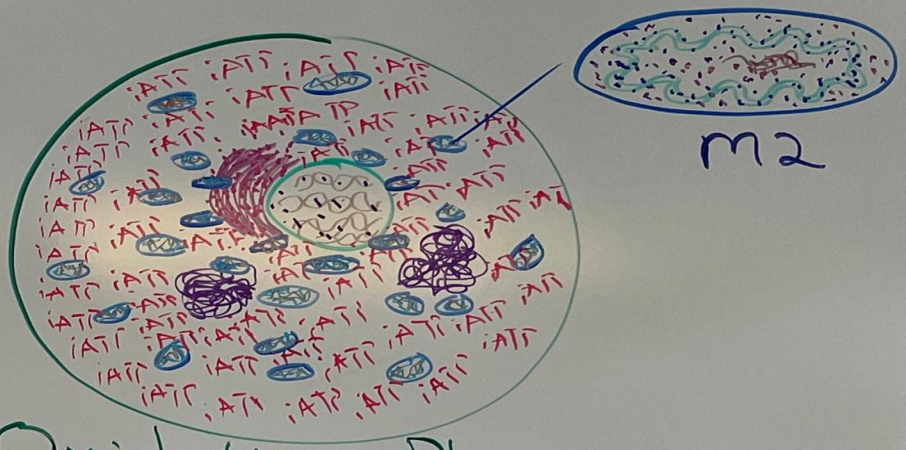
THREAT



Glycolysis
↓ iATP
↑ eATP
↑ ROS
↓ Ox Phos
↑↑↑ Inflammation

↓↓↓ATP ?

SAFETY



Oxidative Phos
↑↑↑ iATP
↓ eATP
↓ ROS
↓ Glycolysis
↓↓↓ Inflammation

↑↑↑ ATP

Phenotypes

Threat

- Threat-1a
- Threat-1b
- Threat-2a
- Threat-2b

Safety

- Safety-1a
- Safety-1b
- Safety-2a
- Safety-2b

Threat-1a Phenotype - mobilization

- Threat Purines
- Threat Peptides
- ROS
- Inflammation

- Hypermetabolic
- Glycolysis
- Catabolic
- Degenerative

- Irritable
- Angry
- Rage

- Reactive
- Impulsive
- Prejudicial

- Upright
- Approach
- Aggressive
- Protective

- Asocial
- Antisocial
- Aspiritual

Threat-1b Phenotype - mobilization

- Threat Purines
- Threat Peptides
- ROS
- Inflammation

- Hypermetabolic
- Glycolysis
- Catabolic
- Degenerative

- Fearful
- Anxious
- Panicky

- Reactive
- Vigilant
- Paranoid

- Protected
- Retreat
- Avoidant

- Asocial
- Asexual
- Aspiritual

Threat-2a Phenotype - immobilization

- Threat Purines
- Threat Peptides
- ROS
- Inflammation

- Hypometabolic
- Glycolysis
- Catabolic
- Degenerative

- Sadness
- Despair
- Depression

- Negative
- Obsessive

- Submissive
- Isolating
- Hiding

- Asocial
- Asexual
- Aspiritual

Threat-2b Phenotype - immobilization

- Threat Purines
- Threat Peptides
- ROS
- Inflammation

- Hypometabolic
- Glycolysis-Ketosis
- Catabolic
- Degenerative

- Hopeless
- Numb

- Helpless
- Psychotic
- Catatonic

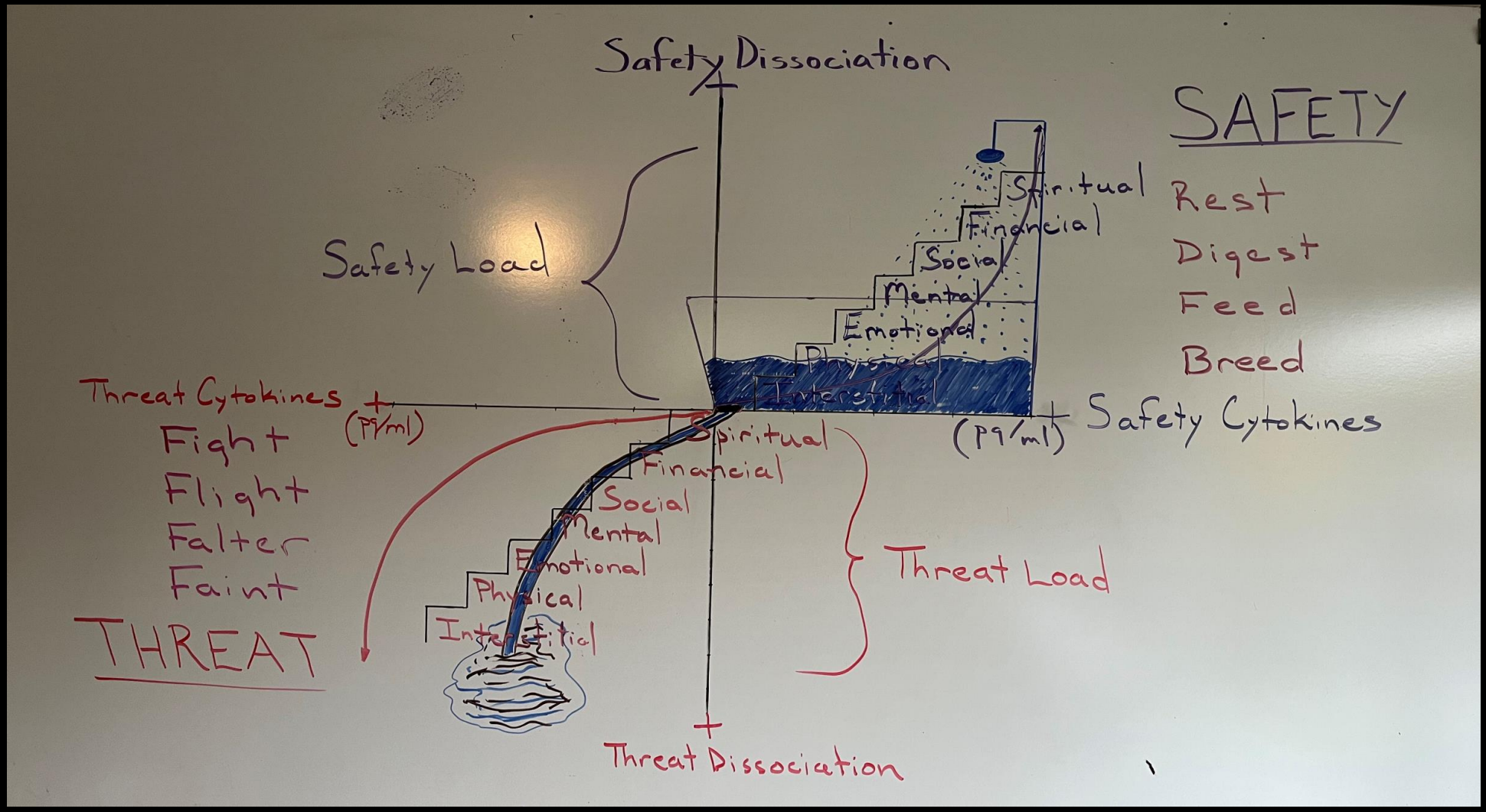
- Fetal
- Surrender
- Collapse

- Asocial
- Asexual
- Aspiritual

Threat vs Safety Determines Who We Are

- Not the brain
- Not thought
- Not will
- Not character
- Not culture
- Not philosophy
- Not religion

Survival Biology and Physiology
(4 Billion Years Old!)
determines whether we
suffer from pain, illness and disease
or thrive in wellness and health
(physical, emotional, social, mental, spiritual).


Safety Dissociation
SAFETY
Rest
Digest
Feed
Breed
Safety Load
Spiritual
Financial
Social
Mental
Emotional
Physical
Interstitial
Threat Cytokines
(pg/ml)
Safety Cytokines
(pg/ml)
Fight
Flight
Falter
Faint
THREAT
Spiritual
Financial
Social
Mental
Emotional
Physical
Interstitial
Threat Load
Threat Dissociation

DLPFC

Reasoning
Planning
Judgement
Creativity

CC

Emotions
- Processing
- Learning
- Memory

} Feelings

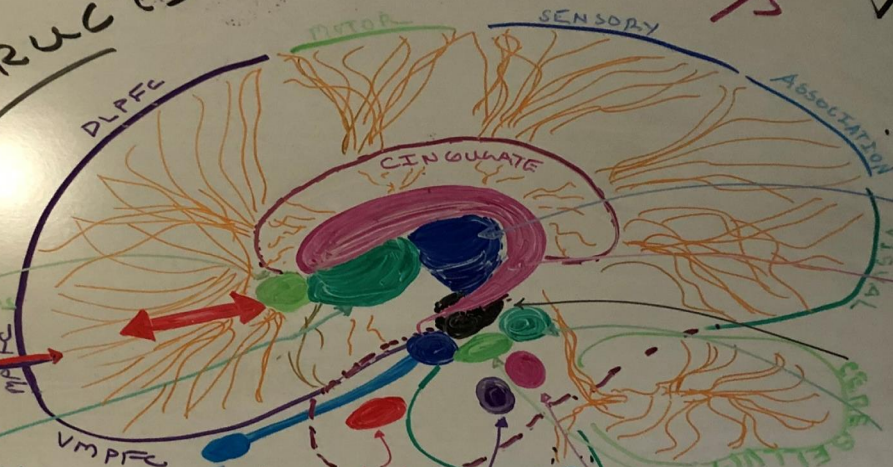
I.C.

Visceral
- Processing
- Memory

} Feelings

Self

CONSTRUCTS



Thalamus
Caudate
Insula
Sub. Nigra
Ventral Tegmentum
Locus coeruleus
Dorsal Motor Nucleus
Nucleus Ambiguus
Raphe Nucleus
Amygdala
Olfactory Bulb
Globus Pallidus
Nucleus Accumbens

> DA

5HT- (Serotonin)

— NE (NA)

ACh

"Move"

NA
ction
otivation

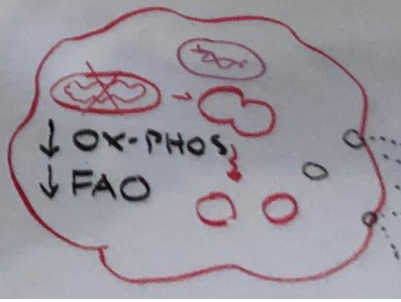
VMPFC

Connection
Empathy
Bonding

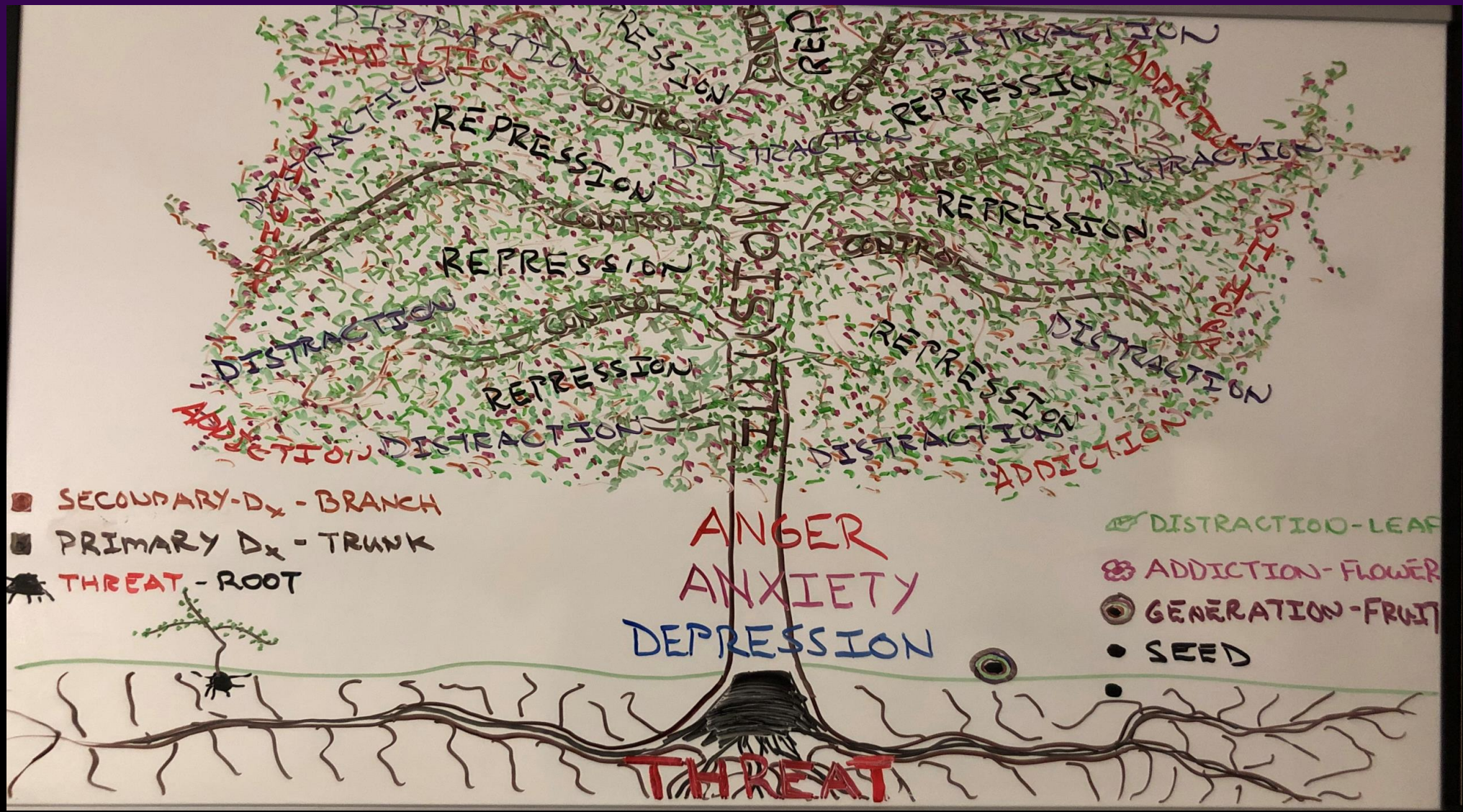
MPFC

Need to
Have to
Must
Should

} Social Calculations Norms Constructs



IL1
IL6
TNF
IL17


REPRESSION
CONTROL
DISTRACTION
ADDICTION
SECONDARY-Dx - BRANCH
PRIMARY Dx - TRUNK
THREAT - ROOT
DISTRACTION-LEAF
ADDICTION-FLOWER
GENERATION-FRUIT
SEED
ANGER
ANXIETY
DEPRESSION
THREAT